

Growing Minds recipe book



Growing Minds recipe book

Recipe ideas from pupils and staff from Hillingdon Schools
Tested and edited by Manju Malhi



© 2014 by the author of this book, Groundwork South. The book author retains sole copyright to his or her contributions to this book.

Recipe images by Werner Van Peppen
All other images by Manju Malhi or Groundwork South
Recipes tested and edited by Manju Malhi.

Thanks to Hugh at Collectively Artisan for the supply of crockery and to the Potato Council for information on growing potatoes.



The Blurb-provided layout designs and graphic elements are copyright Blurb Inc., 2012. This book was created using the Blurb creative publishing service. The book author retains sole copyright to his or her contributions to this book.



Contents

Page

9	Breakfast and lunchbox
10	Beefed-up Sarnies
12	Breakfast in Bread
14	Cress Salad
16	Shredded Chicken
18	Garden Chicken Wrap
20	Gran's Chickpea Fritters
22	Maa's Bramble Jam
24	Tuna Baguette
26	Veggie Fruit Delight Sandwich

29 **After school meals**

30	Chicken, Potato and Bacon Soup
32	Chicken Stir Fry
34	Chinese Fried Rice
36	Cress and Mash
38	Marvellous Meatballs
40	Grilled Vegetable Pasta
42	Freezer Fishcakes
44	Sausage Casserole with Herby Garlic Mash
46	Savoury Delight Bread and Butter Pudding
48	Smoked Paprika Lamb Kebabs
50	Summer Vegetable Pizza
52	Vegetable Lasagne

Page

55	How to grow potatoes
58	Rosemary Roasties

61 **Special occasions**

62	Bangkok Prawn Salad
64	Roast Pie Special
66	Chickpea Chaat
68	Chicken Pasta
70	Jerk Lasagne
72	Pad Thai
74	Pasta with Courgettes and Bacon
76	Spag Bol

79 **Sweet treats**

80	Blueberry Cupcakes
82	Caramel Sponge Delight
84	Carrot Halwa
86	Chocolate and Strawberry Krispie Cakes
88	Chocolate Surprise
90	Pumpkin Pie
92	Strawberry Cheesecake
94	Strawberry Shortbread
96	Strawberry Sorbet
98	Rocky Horror Mess
100	Wheatfree Strawberry Delight Cupcakes
102	Yum Yum Tasty Smoothie



“All our recipes contain at least one
item grown by the pupils”



Growing Minds was designed to give young people in the London Borough of Hillingdon a better understanding of where their food comes from and the health benefits of growing and cooking local food. The programme was run by Groundwork South in 2013/14 and funded by General Mills.

More than twenty schools took part in different ways, from holding school assemblies and workshops, to building a new growing area or pizza oven in their grounds.

We also invited pupils and staff from the schools to submit their recipe ideas. To be included, the recipes had to contain at least one item grown by the pupils and must not have come from an existing recipe book. We wanted new ideas and family favourites that would go down well with other children and young people in the area.

All the recipes were tested by local cookery writer Manju Malhi before publication. We hope you enjoy cooking and eating them as much as our star chefs do!



At General Mills our mission is Nourishing Lives - making lives healthier, easier and richer. We aim to do this not only through our market-leading brands such as Green Giant sweetcorn, Old El Paso and Nature Valley snack bars, but also through long term partnerships with organisations that are making a real difference to the lives of the people in our local community.

The goal of General Mills is to stand among the world's most socially responsible food companies. We aim to continually reduce our environmental footprint, to advance sustainable sourcing, to foster safe, ethical, diverse and inclusive workplaces for our people and to nourish communities globally.

Improving the health profile of our products over time and promoting healthy lifestyles that balance nutrition and activity are fundamental to our mission of Nourishing Lives.

This is why we are so proud to have played a part in the production of this recipe book, which has been so brilliantly and imaginatively written by Hillingdon schoolchildren. This will ensure an understanding of health and nutrition will be passed on from generation to generation.



“An understanding of health and nutrition
will be passed on from generation to
generation”



Breakfast and lunch box



Beefed-up Sarnies Serves 4

You can make the sandwich using chicken or slices of lean ham instead of beef.

1 carrot, peeled and grated
1 cooked beetroot, grated
1/2 small red onion, thinly sliced
(optional)
2 tsp malt vinegar
freshly ground black pepper
8 medium slices wholemeal bread
4 tsp mayonnaise
4x30g slices of lean roast beef
4 lettuce leaves, washed

In a bowl, mix together the carrot, beetroot and red onion, if using, with the vinegar. Add the black pepper and mix well.

Spread each slice of bread with the mayonnaise, then top four of the bread slices with a slice of roast beef, chicken or ham.

Divide the salad among the sandwiches. Place the lettuce leaves on top and cover with the remaining slices of bread.

Cut in half and serve.



Breakfast in Bread Serves 2

You can swap the bacon for leaner turkey rashers or for the veggie in your family use the vegetarian versions of bacon and sausages.

2 tsp butter
2 good-quality sausages from outdoor-reared pigs
2 bacon rashers
2 free-range eggs
4 slices of thick wholemeal or tiger bread
2 home grown tomatoes, washed and sliced
2 lettuce leaves
2 tsp homemade ketchup
Freshly ground black pepper

Heat a non-stick frying pan over a medium heat. Then add 1 tsp of butter. Tip in the sausages and bacon and cook until browned all over. Remove and set aside.

When the sausages are cool enough to handle, slice in half lengthways, so you have four pieces.

Add 1 tsp of butter to heated frying pan. Crack the eggs into the pan and fry them how you like them. An almost-set yolk is best if you don't want them runny.

Place each of the eggs onto two slices of bread and then sprinkle with pepper. Place the bacon on top followed by the tomato slices and the sausage and then a lettuce leaf.

Add a dollop of ketchup on top of the leaf and cover with the remaining two bread slices. You're ready to serve your Breakfast in Bread!



Cress Salad Serves 4

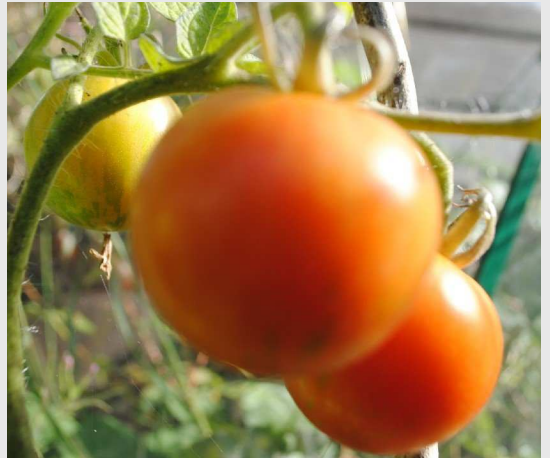
Goes well with Savoury Delight Bread and Butter Pudding

40g punnet or box of salad cress, cut and washed
200g lettuce leaves, washed
4 tomatoes, washed and cut into quarters
50g cucumber or half a cucumber, sliced
150g can sweetcorn, drained
1 tbsp olive oil

In a bowl, mix together the salad cress, lettuce leaves, tomatoes, cucumber slices and sweetcorn.

Just before serving, drizzle with the olive oil.





Shredded Chicken

Used in the following recipes:

- Garden Chicken Wrap (page 18)
- Chicken Fried Rice (p34)
- Roast Pie Special (p64)

Shredded chicken is an even healthier way of eating chicken.

It is used in various international dishes such as tacos and barbecue chicken and also makes a great sandwich filler.

The method here is for chicken breasts.

Place the chicken in a saucepan and cover it with cold water. You can add a few herbs or spices such as a bay leaf, 3 to 4 black peppercorns or tarragon for a little flavour. Cover the saucepan and bring the water to a boil.

Once boiling, reduce the heat to a medium to low flame and allow the chicken to simmer for 7 to 10 minutes until the chicken is cooked all the way through. You can check that the chicken is cooked by cutting a piece in half. If the chicken is white on the inside, then it is cooked. If you can see pink colouring, the chicken needs to be cooked longer.

If the water evaporates too quickly, you can add more water about a 1/4 cup or 60ml.

With some tongs, carefully remove the chicken from the broth (water) and place it in a shallow pan to cool. It's best to let the chicken cool thoroughly before you shred it as it will be too hot to handle.

Use one fork to hold the chicken steady. With the other fork, scrape and tear the chicken apart. Using forks will make the pieces thinner. You could also use a food processor.

Put the chicken pieces in a bowl, to use in your recipe. The shredded chicken can be stored in an airtight container in the refrigerator for 3 days. If you don't plan to use it in that time, freeze the chicken and then defrost it later when you need it.



Garden Chicken Wrap Serves 4

For the filling

1 ripe avocado
2 cups of shredded chicken (see p10)
1/2 cup shredded carrots
A handful of baby spinach leaves,
washed
4 wholewheat wraps, approximately 8
inches in diameter

For the dressing:

2 tbs Greek-style natural unsweetened
yogurt
1 garlic clove, crushed
A pinch of salt

Make the dressing by mixing the yogurt,
garlic and salt together in a bowl and set
aside.

Halve the avocado, remove the stone
and scoop out the flesh. Slice
lengthways.

Warm the tortilla wrap in an unooled
heated frying pan for about one minute
on each side. Place the wraps on a clean
kitchen worktop. Spread the dressing
over one side of each tortilla or wrap
going right to the edges.

Arrange the chicken, carrots, avocado
slices and spinach leaves in the centre.

Fold both sides of the tortilla wrap
towards the centre. Fold the edge
nearest to you towards the centre.
Roll the wrap away from you, while
keeping the filling tight. Then cut each
wrap diagonally in two. You'll end up
with four pieces.

Or you can just place the dressing and
filling in each of the wraps and fold over.
Cover one of the ends of the wrap with
tin foil or greaseproof paper and serve.



Gran's Chickpea Fritters with Yogurt Dip Serves 4

Chickpeas are part of your five a day and are a good source of fibre and protein. These fritters are good to eat once in a while.

400g can chickpeas, drained and rinsed
A squashed garlic clove
4 tbsp olive oil
1 free range egg
3 tbsp plain flour
1 small onion, chopped
2 tbsp or a small bunch of herbs such as dill and mint or sage and rosemary, washed and chopped
A pinch of salt

For the dip:

150g pot natural unsweetened yogurt
a pinch of cumin seeds, crushed

Put the can of chickpeas with the garlic and one tbsp of the oil in a food processor and blitz until smooth or place in a large bowl and mash with a potato masher.

Add the egg and the flour and mix well. Fold in the onions, herbs and salt.

Heat a frying pan on a medium heat and add the remaining three tablespoons of olive oil. Carefully, add two tablespoon portions of the fritter mix in batches to the pan and cook for a couple of minutes until you see bubbles appear, then flip over and cook the other side until golden. Place on kitchen paper to absorb any excess oil.

Place the yogurt in a bowl and mix in the cumin seeds. Serve the fritters on a plate with a dollop of the yogurt dip.



Maa's Bramble Jam

Makes about 1.3kg

For this recipe you will most certainly need assistance from an adult.

If you don't have enough of one particular fruit, you can vary the quantities as long as the total weight of the fruit is 1350g. You could also use plums.

75g blackberries, thoroughly washed
675g apples such as cooking apples,
peeled, cored and chopped
300ml water
1.3kg of preserving or jam sugar
Juice of 2 lemons

sterilized jam jars with lids
small plate, chilled in the refrigerator

Put the prepared fruits in a large heavy pan with the water. Set over a low heat, cover and cook gently for about 15 minutes, or until the juices begin to run. Add the sugar and the lemon juice to the pan and cook over a low heat, stirring frequently, until the sugar has dissolved.

Bring to the boil and cook for 5-10 minutes, or until the jam reaches setting point (105C/220F). You can find setting point by putting a little bit of the jam on a cold plate. Now push your finger through the juice. If the jam doesn't automatically fall back into itself, and stays at the point you pushed it to, then it's ready to bottle.

Remove the pan from the heat and skim off any scum from the surface using a slotted spoon. Leave to cool for about five minutes, then stir gently and pour into warmed sterilized jars. Seal and label, then store in a cool, dark place.



Tuna Baguette with Green-Eyed Monster Salad

Serves 4

2 mini white or wholemeal baguettes
1 red onion, finely chopped or garden chives, washed and cut
4 tbsp of sweetcorn, drained if the sweetcorn is out of a can
1 can of tuna chunks, (approximately 200g) in spring water and drained
1 tomato, washed and chopped
150g Cheddar cheese, grated
Salad leaves or lettuce, washed and cut up
Cucumber, peeled into thin ribbons
A few green olives, sliced into rings

Preheat the grill.

Put the baguettes on a chopping board. With a bread knife, cut the baguettes in half lengthways. You will now have four pieces. Set aside.

In a plastic bowl, mix together the onion or chives, sweetcorn, tuna and tomato. With a spoon, place enough of the tuna mixture on each cut slice of the bread to cover the bread sufficiently, spreading the filling evenly over the baguettes. Sprinkle the cheese on top and put it under the grill for 2-3 minutes until the cheese has melted and slightly bubbled.

Cover a plate with salad leaves. Create a mouth out of the cucumber ribbons. Put the olive slices on top of the leaves as eyes. Serve the Tuna Baguettes with the Green-Eyed Monster Salad.



Veggie Fruit Delight Sandwich

2 slices of brown or wholemeal bread
2 tsp mayonnaise
2 slices of low fat cheese
2 mango slices, chopped
2 tbsp pineapple chunks
1 tomato, chopped
2 pieces of sliced tofu (optional)
2-3 mint leaves, washed and chopped (optional)

Toast the bread until crisp and golden. Spread the mayonnaise over one side of each toasted bread slice. Then top with the cheese slices.

In a bowl, mix the mango, pineapple and tomato together.

Top the bread with the fruit and tomato mixture. Put the sliced tofu, if using, on top of the mixture. Sprinkle with the mint leaves.

Close the sandwich. Cut into four triangles. Keep together and wrap in cling film until just before serving.





After school meals



Chicken, Potato and Bacon Soup Serves 4

2 chicken carcasses or 2 boneless and skinless chicken breasts
2 bay leaves
400g fluffy potatoes, such as King Edward or Maris Piper
1 tbsp oil or butter
200g bacon rashers, chopped into 2cm pieces
A few sprigs of tarragon, washed
300g single cream (optional)

Place the chicken into a pot or saucepan large enough to hold it. Pour enough water to cover the chicken and bay leaves. Put the pan on the hob to boil.

Allow it to simmer for 2 hours. Strain the water into another pot. Wait for the meat and bones to cool down. Once cooled, pick the meat off the bones and add the meat to the strained liquid.

Peel and chop the potatoes into even sized pieces and add to the chicken soup. Return the pan to the heat and continue until the potatoes are cooked through.

Meanwhile, heat a frying pan on a medium heat and add the oil or butter and fry the bacon until crispy. Using a wooden spoon, scrape the bacon into the soup and mix. Then stir in the tarragon.

Swirl in the cream, if using, and serve the soup with crusty wholemeal bread.



Chicken Stir Fry Serves 4

Mushrooms should be stored in a paper bag or kitchen paper in the refrigerator.

300g dried egg noodles
2 tbsp olive oil
2 boneless and skinless chicken breasts,
cut into 2cm pieces
2 carrots, washed and sliced into rounds
6-8 broccoli florets, washed
6-8 mushrooms, sliced
1 onion, sliced
1 tbsp low sodium soy sauce
A handful of coriander leaves, washed
and chopped (optional)

Cook the noodles according to the instructions on the packet.

Heat a wok or a frying pan on a medium to high heat and add the oil. Tip in the chicken and fry for 5-7 minutes until the chicken turns white on the outside.

Mix in the carrots, broccoli, mushrooms and onion and continue cooking for 3 minutes. It doesn't matter if the vegetables are still crunchy but if you want them softer cook for another further few minutes.

Drain the noodles thoroughly and add to the pan, stir-fry for 2 minutes. Stir the soy sauce into the pan and divide between bowls. Sprinkle with coriander leaves.



Chicken Fried Rice Serves 4

This dish can be modified by using leftover vegetables or meat and makes a great accompaniment or side dish.

2 skinless and boneless chicken breasts
350g brown rice
2 tbsp peanut or sunflower oil
2 carrots, washed, peeled and grated
300g peeled and cooked prawns
1 red or yellow pepper, deseeded and chopped
4 spring onions, chopped
1 tbsp low sodium soy sauce
1/4 tsp ground white pepper
2 eggs, whisked

Make the shredded cooked chicken (see p8)

Cook the rice according to the instructions on the packet.

Heat a frying pan or a large wok on a medium heat and add the oil. Tip in the carrots, prawns, peppers and chicken and fry for 5-7 minutes. Add the rice and stir fry for about 3 to 4 minutes until completely heated through. Add the spring onions and stir for a minute.

Season with the soy sauce and the white pepper, then push to one side of the pan. Pour the beaten egg into the other side and leave for about 10 seconds so it begins to set. Briskly swirl around the egg to break it up and then toss with the rice. Stir fry for a further minute. Spoon the mixture into individual serving bowls and serve immediately.



Cress and Mash Serves 4

650g large fluffy potatoes, such as King Edward or Maris Piper
20g salad cress, washed
A good splash of milk

Put a large pan of salted water on the hob to boil and cover with the lid. Peel the skin off the potatoes with a vegetable peeler, then cut into quarters on the chopping board.

When the water is boiling, add the potatoes. Cover and simmer for 20 minutes until the potatoes are soft when you stick a knife in.

Drain, return to the pan with the butter and milk, then mash until smooth with an electric whisk or potato masher.

Stir in the cress and serve immediately.



Marvellous Meatballs Serves 4

You can smash garlic cloves by putting them in a pestle and mortar and crushing them till their outer skins are loose.

1 medium onion, cut into chunks
4 garlic cloves, smashed and peeled
2 tsp freshly grated lemon zest
2 tbsp chopped fresh rosemary, washed
or 1 1/4 tsp dried rosemary
300g turkey or lamb mince
3 tbsp breadcrumbs
1/4 tsp salt
1/4 tsp freshly ground pepper, plus
more to taste
3 tbsp plain flour
3 tbsp olive or rapeseed oil
400g can chopped tomatoes
1 red or green pepper, deseeded and
sliced

Place the onion, garlic and lemon zest in a food processor. Add 1 tablespoon of fresh rosemary or 1 teaspoon of the dried version and pulse just until the mixture is finely and evenly chopped (but not mushy).

Transfer the mixture to a medium bowl and gently mix in the turkey or lamb mince, breadcrumbs, salt and pepper until combined. Use a generous 2 tablespoons each to shape the mixture into 12 meatballs.

Put the flour in a shallow dish and roll the meatballs in it to lightly coat them.

Heat a large nonstick skillet or frying pan over a medium to high heat. Add 2 tablespoons of the oil. Reduce the heat to medium then put in the meatballs and saute or lightly fry them, turning once for 3-5 minutes until brown (add the additional tablespoon of oil if needed). Transfer the meatballs to a plate.

Tip in the tomatoes to the pan and cook for 3-4 minutes until the mixture is quite thick. Add 100ml of water and mix. Reduce the heat to maintain a simmer and return the meatballs to the pan along with the pepper and the remaining 1 tablespoon fresh rosemary (or 1/4 teaspoon dried). Cover and cook for 7-8 minutes until the meatballs are cooked through and that the meat is white on the inside.

Serve hot with spaghetti and cress salad.



Grilled Vegetable Pasta Serves 4

3 tbsp olive or sunflower oil
2 rashers bacon
50g butternut squash, peeled and chopped into 2cm pieces
1 x 400g can chopped tomatoes
1/4 tsp freshly ground black pepper
pinch of salt
2 thyme sprigs, leaves picked and washed
150g can sweetcorn, drained
300g dried pasta, like penne, butterfly, fusilli or tagliatelle

For the topping:

50g Cheddar cheese, grated
2 carrots, peeled and grated
For garnish, a few cucumber slices

Heat a frying pan on a medium heat and add 1 tablespoon of oil. Fry the bacon for 4-5 minutes till crispy.

Heat a saucepan on a medium heat and add the remaining 2 tablespoons of oil. Tip in the squash pieces and fry for 5 minutes. Then pour in the chopped tomatoes and simmer or cook on a low heat for 10 minutes. Mix in the black pepper, salt and thyme leaves. Fold in the sweetcorn.

Cook the pasta according to the packet's instructions. Heat the grill. Drain the pasta and mix in the tomato sauce. Tip the mixture into a large ovenproof dish.

Scatter over the carrots and cheese and grill for 3-4 minutes until the cheese melts and the topping is crisp and golden.

Serve with a few cucumber slices on top.



Freezer Fishcakes Serves 4 or makes 8 fish cakes

300g fluffy potatoes, such as King Edward or Maris Piper
100g carrots, peeled and cut into chunks
140g frozen peas
800g boneless white fish, such as pollack, cod, haddock
3 spring onions, end roots cut off and sliced
50g Cheddar cheese, grated
1/4 tsp coarsely ground black pepper (optional)

For the coating:

3 tbsp plain flour
1 egg, beaten
2 tbsp breadcrumbs
Handful of parsley leaves, washed and roughly chopped
2 tbsp olive or sunflower oil, for frying
Lemon wedges and watercress, to serve

Peel the potatoes and cut into large chunks of equal size. Place them in a pan along with the carrots and add enough water to cover the vegetables.

Boil the potatoes and carrots for 15/20 minutes until tender. You can check this by sticking a fork into a potato. Perfectly cooked potatoes are neither mushy or hard but give easily when punctured with a fork. Drain the vegetables and place in a bowl. Mash the mixture.

Place the peas in another bowl and add enough hot water to cover and set aside.

Then put the fish in a frying pan with just enough water to cover the fish. Bring to the boil, reduce the heat, cover and simmer for 5 minutes until just cooked. Remove the fish with a palette knife and put on a plate. Flake into small pieces.

Combine the potato mixture, peas, and fish together in a bowl.

To make the fishcakes:

Sprinkle about 1 tablespoon of flour on your hands. This makes it easier to shape the mixture. Divide the mixture into 8 balls, then shape each portion into a large patty.

Put the flour, beaten egg and breadcrumbs mixed with parsley on 3 individual plates:

Plate 1 is plain flour

Plate 2 is egg

Plate 3 is breadcrumbs and parsley

Coat each fishcake in the flour, then the egg followed then the dried breadcrumbs and parsley mixture. Reshape them if necessary.



Put the fishcakes on a piece of greaseproof paper while you prepare the others. Heat the oil in the frying pan on a medium heat, then fry the fishcakes in batches for about 3 minutes on each side, turning once, until golden and crisp on both sides. Keep the first batch warm in the oven while you finish cooking the rest.

Serve on a bed of watercress, with lemon wedges for squeezing over the fishcakes and a dollop of mayonnaise for dipping.

Sausage Casserole with Herby Garlic Mash Serves 4

You can use vegetarian or beef sausages instead of pork.

8 good-quality sausages from outdoor-reared pigs
2 tbsp olive oil
1 onion, chopped or sliced
2 garlic cloves, chopped
1 tsp paprika
4 carrots, peeled and sliced into thick rounds
2 parsnips, peeled and sliced into thick rounds
400g can chopped tomatoes
1 stock cube (add to 400ml boiled water)
Mixed herbs such as rosemary and marjoram (or herbs of your choice), washed

For the mashed potatoes:

4 large fluffy potatoes (approximately 1kg), such as King Edward or Maris Piper, cut into even chunks
1 tsp butter
100ml milk
1 garlic clove, crushed
2 tsp mixed herbs
1/4 tsp ground white pepper
400g runner beans, washed

To make the casserole: Preheat the oven to 180C/350F/gas 4. Heat the olive oil in a heavy-based casserole or a wok and fry the sausages, turning often, until lightly golden all over – this should take about 10 minutes. Remove the sausages from the pan and put them on a plate.

Add the onion to the casserole. There will still be some oil in the casserole from the sausages. Continue to cook over a low heat for 5-10 minutes, until the onion is slightly soft. Add the garlic and paprika and cook for another minute.

Add the carrots and parsnips and stir everything around so that the vegetables are coated with the oil.

Add the tomatoes and stock. Add the mixed selection of herbs. Bring to a simmer so it's just bubbling gently.

Return the sausages to the casserole. Cover the casserole with a lid or some foil. Then using your oven gloves, carefully put the casserole into the oven. Cook for 30-45 minutes.

To make the mash: Bring a large saucepan of water to the boil. Add the potatoes and, with the lid on, boil for 15-20 minutes until the potatoes are tender. Drain well. Place the potatoes in a bowl with the butter and milk and mash with a potato masher. Tip in the herbs and the garlic and mix well. Season with ground white pepper.

To make the runner beans: Top and tail the runner beans and pull away any strings (these are usually found on older varieties of beans, although stringless varieties are available). Slice beans at an angle or use a bean slicer to cut them into thin strips. Place in a pan of boiling water and cook for 3-4 minutes until they are not too soft but firm and have a bite. Drain and put in a bowl. Serve with the casserole and the mash.



Savoury Delight Bread and Butter Pudding Serves 4

You have heard of sweet Bread and Butter Pudding but this is a dish with a most inventive twist - it's a savoury one.

1 tbsp sunflower or olive oil
2 rashers back bacon or turkey rashers,
cut into small 2cm pieces
300g of leftover roast chicken, cut into
small 2cm pieces
150g can sweetcorn, drained or 1 red
pepper, washed and chopped into 2cm
pieces
50g butter, softened
6 slices wholemeal bread
3 free range eggs
400ml milk
1/4 tsp freshly ground black pepper
(optional)
25g Cheddar cheese, grated
1 tbsp fresh herbs such as thyme and
rosemary, washed and chopped

Preheat the oven to 180C/350F/gas 4.
Heat a pan on a medium heat and add
the oil.

Tip in the bacon and fry over a high heat
until the bacon is browned.

Tip in the leftover chicken pieces and fry
for a minute. Add the sweetcorn or the
pepper and fry for another minute. Set
aside.

Line an ovenproof dish with a little bit of
butter. Spread butter on one side of each
of the bread slices, cut into triangles and
arrange in the dish.

Then spoon over the bacon, chicken
mixture. Beat the eggs, milk and black
pepper, if using, together in a bowl and
pour over the mixture. Allow to soak for
5 minutes.

Place in the oven and bake for 35-40
minutes until golden. Five minutes
before the end of the baking time,
sprinkle with the cheese and herbs over
the top.



Smoked Paprika Lamb Kebabs Serves 4

For the kebabs:

500g lamb mince
2 spring onions, chopped
2 sprigs rosemary leaves, washed and chopped
1 tsp smoked paprika
1 1/2 tbsp garlic puree
2 tbsp olive oil
1/2 tsp plain flour

For the yogurt dressing:

4 tbsp natural yogurt, whisked
4-5 mint leaves, washed and chopped
1/2 tsp garlic puree or 1 garlic clove, crushed

2 wholemeal pitta breads, cut in half
1 red pepper, chopped
1 yellow pepper, chopped

Place the lamb in a bowl and add the spring onions, rosemary, smoked paprika, garlic puree and 1 tablespoon of oil. Mix well, tip in the flour and mix again.

Wet your hands and divide the mixture into 8 equal parts. Shape each into a flat, round pattie about 1.5cm thick.

Heat a frying pan on a medium heat and add the remaining 1 tablespoon of oil. Working in batches, place the patties in the pan and fry for 5 minutes on one side until golden brown and then turn and fry the other side for 5 minutes or until cooked through. Ensure each side browns evenly. Drain on kitchen paper.

In a plastic bowl, mix the yogurt, mint and garlic together. Place 2 lamb patties in each pitta pocket. Put in some of the red and yellow chopped peppers and top with a tablespoon of the yogurt dressing. Yummy!



Summer Vegetable Pizza Serves 4

For the dough:

500g strong white bread flour, plus extra for dusting
7g sachet fast-action dried yeast
2 tbsp olive oil, plus extra for greasing
300ml warm water

For the sauce:

1 garlic clove, crushed
400ml chunky passata
1 tbsp tomato purée
1 tsp dried oregano
Handful of basil leaves, snipped and torn
1 tsp vinegar

For the toppings:

Red peppers, courgettes, mozzarella, cherry tomatoes, basil leaves, aubergine (or a similar mix)

To make a sticky dough put the flour, sugar and yeast in a bowl and make a hole. Measure 300ml water that isn't cold and isn't hot but just right. Stir with a wooden spoon until you have a sticky dough. Add a splash more water if needed.

Scatter some flour over the surface and tip the dough onto it. You now want to 'stretch' the dough and bring it back into a ball shape. This will need to be done for about 10 minutes. Brush a large clean bowl with a little olive oil, put the dough in it and cover with cling film. Leave it somewhere warm for it to grow until doubled in size.

For the sauce:

Tip the garlic into a bowl and mix with the other sauce ingredients. Stir well until everything is combined, then set aside.

Making your pizza:

Heat oven to 220C/200C fan/gas 8.

Divide the dough into the amount of pizzas you want to make and roll out. Brush the baking trays with extra oil and lift the pizzas onto the baking trays.

Spoon on the tomato sauce. Use the back of the spoon to spread the sauce over. Put the toppings of your choice on top.

Bake the pizzas for 12-15 minutes until puffed up and golden around the edges, then carefully lift out of the oven. Leave to cool slightly, then slip onto a board or plate. Serve cut into pieces with houmous and a simple green salad.

If you are cooking in a pizza oven your pizza will only take a matter of a couple of minutes to cook - so watch it carefully!



Vegetable Lasagne Serves 4

A béchamel sauce is a classic way of making a French white sauce using a mixture of butter and flour for making dishes such as lasagne.

150g carrots, washed, peeled and thinly sliced

4 medium cauliflower florets

4 medium broccoli florets

2 red peppers, deseeded and sliced

100g courgettes, sliced

2 tbsp olive or rapeseed oil

1 onion, thinly sliced

2 garlic cloves, peeled and crushed

100g mushrooms, sliced

4 tomatoes or 8 cherry tomatoes, chopped

500g jar of tomato pasta sauce or passata

250g lasagne sheets

For the béchamel or cheese sauce:

50g unsalted butter

50g plain flour

600ml semi-skimmed milk

150g Cheddar cheese, grated

1/4 tsp freshly ground black pepper

Place the carrots in a large saucepan and cover with water. Bring to the boil, cover and simmer for 5 minutes.

Add the cauliflower and broccoli and simmer for a further 5 minutes. Add the peppers and the courgettes and cook for 3 minutes more. Drain the water and set the vegetables aside.

Heat a frying pan on a medium heat and add the oil. Tip in the onion and garlic. When onion mixture is soft add the mushrooms. Once the mushrooms are soft, tip in the tomatoes and the cooked vegetables.

Add the pasta sauce or passata and stir to ensure all vegetables are covered. Remove from the heat.



For the béchamel or cheese sauce:

Heat a pan on a medium heat and tip in the butter. When the butter has melted gradually add the flour and cook for 2 minutes. Stir in the milk, a little at a time. The mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid lumps.

When all the milk is in, bring it to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Add the cheese gradually and gently bubble for a few minutes until thickened. Season with pepper.

Preheat the oven to 180C/350F/gas 4. Spread a spoonful of the vegetable mixture over the base of a roughly 3.5 litre baking dish. Cover with a single layer of lasagne sheets, snapping them to fit if needed, then top with a quarter of the béchamel sauce. Spoon over a third of the vegetable mixture. Repeat the layers – lasagne sheets, béchamel and vegetable mixture – two more times to use all the vegetable mixture. Add a final layer of lasagne sheets and the last of the béchamel.

Put the dish on a baking tray to catch spills and bake for 40 to 50 minutes until bubbling, browned and crisp on top.



How to grow potatoes



How to grow potatoes

Growing your own potatoes in school is easy, fun and educational, and the results are a treat to eat. Here is some advice on growing your own potatoes from the Potato Council.

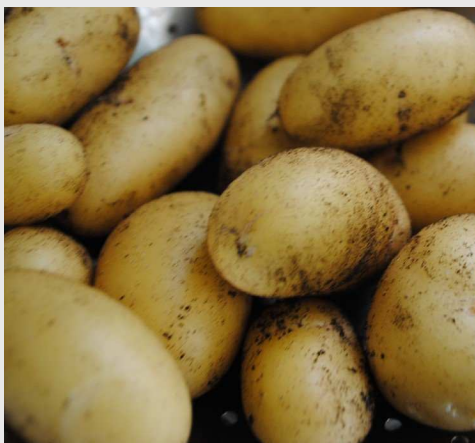
Using containers is simpler than growing in the soil, and you don't need a garden to do it. Potato growing makes a good science project for the spring and summer terms.

This is what you need:

A large container. This needs to hold at least 10 litres of compost and be 30cm or more deep. You could grow one potato in a bucket, three in a large trug, or five in a dustbin, just be sure to drill holes in the base for excess water to drain away.

Growing compost. It is better to buy a good multipurpose compost rather than using garden soil.

Seed potatoes. You can just plant ordinary eating potatoes, but so-called 'seed' potatoes are specially grown to be free from any potato pests and diseases. Choose an early-cropping variety, such as 'Accent', 'Lady Christl', 'Rocket' or 'Swift', so that you can harvest them before the summer holidays.



A supply of water. Your potatoes may need watering twice a week in summer, even if it rains.

Fertiliser. The compost will have some fertiliser in it, but you may need to add more. The easiest way is to add a liquid feed once a fortnight when watering.



This is what to do:

January: buy seed potatoes. Available from garden centres or by mail order from a vegetable-seed supplier. Keep them somewhere cool but frost free.

February: chit the seed potatoes. It is too cold to plant potatoes outside yet, but you can start them growing indoors. Put the potatoes somewhere warm and well lit, such as a windowsill. Stand them in an eggbox or similar, so the end with most buds (the rose end) is uppermost. Label with the variety name. Allow the potatoes to develop small shoots – this is called chitting. While they grow you can decide the best place to put your container. It needs to be outdoors on a firm, level surface that will not be damaged by moisture. It should be sunny, sheltered from strong winds, and easily accessible for watering.

March: plant the sprouted potatoes. Put 15-20cm of just moist compost in the bottom of the container. Put the potatoes on top, sprouts uppermost, and cover with about 8cm of compost. The ideal temperature for growing potatoes in containers is 10°-15°C.

April and May: water, feed and top up. Keep the compost moist and feed once a fortnight. Once the potato plants are 6-8cm high add more compost to cover them up, but do not pat the compost down as this may damage the shoots. Continue to top up as the potatoes grow until the container is nearly full. Look out for potato flowers. If any green berries form remove them as they are poisonous. Potatoes will grow under the soil – cover any that appear on the surface and avoid eating any that turn green.

June or July: harvest your crop. Early potatoes should be ready by the end of June and the leaves may start to go brown. If practical, tip out the contents of the container onto a sheet of plastic and pick out the potatoes. Otherwise cut the foliage down and carefully remove the compost from the container until you reach the crop. You may like to wash and weigh your harvest, then cook, eat and enjoy!

To register for your FREE potato growing kit go to www.gyop.potato.org.
uk (<http://www.gyop.potato.org.uk>)
and sign up before the end of January

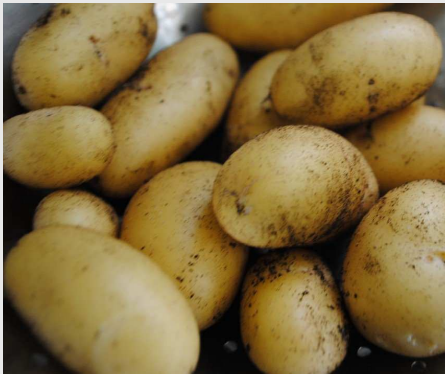
Rosemary Roasties Serves 3 to 4

500g fluffy potatoes, such as King Edward or Maris Piper
2 large sprigs rosemary
2 tbsp olive oil
2 garlic cloves, finely chopped

Preheat the oven to 200C/400F/gas 6.
Put the oil in a roasting tin and put it in the oven for 10 minutes.

In the meantime, wash the potatoes but leave the skins on. Cut them into quarters and place them on a clean tea towel and dry them as thoroughly as you can. Then transfer them to a large plate. Wash the sprigs of rosemary and pull the leaves off the stalks and set aside.

With oven gloves, carefully remove the roasting tin from the oven, then gently slide the potatoes straight into the tin. With a heatproof spatula, turn the potatoes around to get a good coating of oil, sprinkling in the rosemary and garlic as you go. Return the tin to the oven and roast for 30 to 40 minutes or until the potatoes are golden brown and crisp. Season with pepper and serve hot.





Special occasions



Bangkok Prawn Salad Serves 4

200g or 20 large cooked prawns or prawns with tails
1 large red chilli, halved, seeds removed and cut into large pieces
1 garlic clove, roughly chopped
1 tbsp soft brown sugar
2 tbsp Thai fish sauce
1 lime, juice only
1 tsp sesame seed oil
1 tsp sweet chilli sauce
4 spring onions, sliced
2 carrots, washed, peeled and coarsely grated
A handful of coriander leaves, washed and roughly chopped
A handful roasted cashews or peanuts, crushed (optional)

Heat a heavy-based pan on a medium heat. Cut each prawn in half lengthways, removing the vein that runs down the back.

Place the red chilli, garlic clove and sugar in a pestle and mortar and pound together into a paste.

Add the fish sauce and lime juice to the paste, and stir well until the sugar has dissolved. Mix in the sesame seed oil and the sweet chilli sauce and set aside.



Put the spring onions, carrots, coriander leaves and roasted cashews or peanuts, if using, in a serving bowl and mix well. Put the prawns on top and then pour over the salad dressing.

Serve straight away.



Roast Pie Special Serves 4

3 fluffy potatoes (approx 600g) such as King Edward or Maris Piper, peeled and thinly sliced

1/4 tsp freshly ground black pepper
4 boneless and skinless free-range cooked chicken breasts, shredded (see p10) or roast chicken leftovers (500g)
2 garlic cloves, crushed
50g unsalted butter
2 tsp fresh tarragon leaves, chopped

For the white sauce:

30g unsalted butter
30g plain flour
400ml semi-skimmed milk
1/4 tsp freshly ground black pepper
2 tsp sweetcorn

For the mash:

110g carrots, peeled and chopped
1/2 medium butternut squash (600g)
2 tbsp milk
2 tbsp butter or olive oil

Layer half the potato slices over the bottom of a shallow oven-proof dish and season with the pepper. Arrange the chicken pieces on top. Add the remaining potatoes in an even layer and dot the surface with the garlic, butter and tarragon.

Cover tightly with foil and oven cook at 200C/400C/gas 6 for 1 hour. Remove the foil and add the white sauce and continue to cook for 20 to 30 minutes until the potatoes are tender.

To make the white sauce:

Heat a pan on a medium heat and tip in the butter. When the butter has melted gradually add the flour and cook for 2 minutes. Stir in the milk, a little at a time – the mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid any lumps.



When all the milk is in, bring it to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Mix in the sweetcorn and season with the pepper.

To make the mash:

With care, cut the squash in half, then scrape out the seeds using a knife. Take one half and peel off the skin with a potato peeler, then chop into small chunks. Place the carrots and squash pieces into a saucepan and cover with water. Bring to boil, then turn down and simmer on a medium heat for around 20 minutes, or until both have become very soft when tested with a fork.

Using a colander, drain the vegetables then return them to the saucepan. Use a potato masher and mash until smooth and creamy, adding a dash of milk to make it slightly creamy. Add a little butter or olive oil also if desired.

Chickpea Chaat Serves 4

410g can of chickpeas, drained
4 tbs natural and unsweetened
yogurt, whipped
1/2 tsp cumin seeds
1/4 tsp garam masala
1/4 tsp salt
1 green chilli, very finely chopped
(optional)
A few coriander leaves, washed and
chopped

Place the chickpeas in a bowl and fold in the yogurt followed by the cumin seeds, garam masala, salt and the chilli, if using.

Divide the mixture into four small serving bowls or plates and sprinkle with a few coriander leaves.

Serve cold like a salad or as an appetiser or starter.



Chicken Pasta Serves 4

300g of your favourite choice of dried pasta, such as tagliatelle or penne
2 tbsp olive oil
4 garlic cloves, peeled and chopped
2 skinless and boneless chicken breasts, chopped into 2 cm pieces
1/4 tsp crushed black pepper
6 tbsp of sweetcorn kernels or 150g can of sweetcorn
4 tbsp single cream or 2 tbsp salad cream
8 basil leaves, washed and torn into pieces

Cook the pasta according to the instructions on the packet and set aside.

Heat a frying pan on a medium heat and add the oil. Stir fry the garlic for a couple of minutes till you can smell the aroma of the garlic. Make sure that it doesn't burn. Tip in the chicken and fry for 10 minutes until golden brown. Add the pepper and mix thoroughly. Fold in the cream and the sweetcorn. Remove from the pan and set aside.

Divide the pasta into four bowls and then add a generous dollop of the chicken and sweetcorn sauce over the pasta and serve with a cucumber salad.



Jerk Lasagne Serves 4

2 tbsp olive oil
2 bay leaves
1 small onion, chopped
650g lean beef, lamb or vegetarian mince
1 tsp paprika
1 1/2 tsp jerk seasoning
1/2 tsp cinnamon
1 low salt stock cube, crumbled
250g lasagne sheets

For the béchamel sauce:

50g unsalted butter
50g plain flour
600ml semi-skimmed milk
150g Red Leicester or Cheddar cheese, grated
1/4 tsp freshly ground black pepper
2 tbsp bread crumbs
A few thyme leaves, washed
300g watercress and lettuce leaves
4 slices of lemon

Heat a frying pan on a medium heat and add the oil. Tip in the bay leaves and onion and fry until soft. Remove the bay leaves. Then add the mince and continue frying for 7 to 9 minutes until the mixture is browned. Tip in the paprika, jerk seasoning and cinnamon followed by the stock cube. Mix well. Add 100ml of water and cook for another 5 minutes.

Place the cooked mince in an oven proof dish.

To make the béchamel sauce:

Heat a pan on a medium heat and tip in the butter. When the butter has melted gradually add the flour and cook for 2 minutes. Stir in the milk, a little at a time – the mix will thicken at first to a doughy paste, but keep going, adding milk gradually to avoid any lumps.



When all the milk is added, bring it to a gentle simmer, stirring constantly (if you have lumps, give it a quick whisk). Add the cheese gradually and gently bubble for a few minutes until thickened. Season with the pepper.

Preheat the oven to 180C/350F/gas 4. Mix the bread crumbs with the thyme leaves.

Put half of the lasagne sheets on top of the mince. Pour over half the béchamel sauce and sprinkle with half of the bread crumbs. Then add the remaining pasta sheets and cover with the leftover béchamel sauce and bread crumbs.

Sit the dish on a baking tray to catch any spills and bake for 40 to 50 minutes until bubbling, browned and crisp on top.

Mix the watercress and lettuce leaves together and garnish with the lemon slices and serve with the lasagne. Yummy!

Pad Thai Serves 4

2 tbsp peanuts (optional)
300g rice or egg noodles
2 tbsp sunflower oil
2 eggs, beaten
1 skinless and boneless chicken breast,
chopped into 1cm pieces
2 carrots, washed, peeled and grated
150g bean sprouts
4 spring onions, root cut off and
chopped or sliced
1/4 tsp coarsely ground black pepper
2 tbsp light soy sauce
1 lime, cut into wedges
A few coriander leaves, washed

Heat a frying pan on a medium heat and add the peanuts, if using them. Toast them for a couple of minutes or until they start to change their colour slightly.

Remove them from the pan and allow them to cool. When the peanuts have cooled down, place them in a pestle and mortar or a clean plastic food bag and crush them with a rolling pin. Set them aside.

Bring a large pan of water to the boil. Drop the noodles in and cook for 4 to 5 minutes. Then run them under cold water and drain well.

Heat 1 tablespoon of the oil in a wok and add the eggs and cook, stirring until they are scrambled which should take about half a minute. Remove the eggs from the pan and put on a plate.



Add the remaining 1 tablespoon of oil to the wok and tip in the chicken. Fry for 8 to 9 minutes until the chicken turns light brown on the outside. Add the carrots, bean sprouts and spring onions and mix. Put in the black pepper and soy sauce.

Tip in the drained noodles and the scrambled eggs and toss well until the whole mixture is heated through. This should take about a couple of minutes. Put on a plate and sprinkle with the crushed peanuts, if using. Serve with a lime wedge and garnish with the coriander leaves.

Pasta with Courgette and Bacon Serves 4

3 tbsp olive oil
150g diced pancetta or smoked bacon
lardons or bacon rashers, chopped
300g pasta such as tagliatelle, penne,
ziti, rotini or fusilli
1 large onion, sliced
500g courgettes, washed and thinly
sliced
2 tbsp Thai sauce
2 tbsp single cream
1/4 tsp crushed black pepper
A few basil leaves, washed

Heat a large frying pan on a medium heat. Add 1 tablespoon of the oil and add the pancetta or bacon. Sizzle fry for about 5 minutes until it starts to crisp. Place the pancetta or bacon in a bowl and set aside.

Cook the pasta according to the pack instructions and scoop out a cupful of cooking water which you may need later.

Add the remaining 2 tablespoons of oil to the frying pan and add the onion. Cook for about 4 to 5 minutes until it softens.



Tip in the courgettes and cook, stirring, for 2 to 3 minutes until the courgettes soften slightly. Add the Thai sauce and mix well. Stir in the cream. Cook for 2 to 3 minutes until heated through.

Drain the pasta and tip into the frying pan with the courgettes. Over a low heat toss everything together adding a splash of pasta water if you need to loosen the sauce.

Season with the black pepper and serve twirled into bowls with the bacon and basil leaves scattered over the top.



Spag Bol Serves 4

2 tbsp olive oil
2 bay leaves
1 large onion, chopped
4 garlic cloves, crushed
800g lean minced lamb or beef
85g button mushrooms, sliced
1 tsp tomato puree
1/2 tsp dried oregano
1/4 tsp freshly ground black pepper
A pinch of salt
1x400g can of chopped tomatoes
A small handful of fresh thyme leaves, washed and chopped
A small handful of basil leaves, washed and chopped

300g dried spaghetti
30g Cheddar cheese, grated

Heat a large frying pan on a medium heat and add the oil. Tip in the bay leaves, onion and garlic and frying until softened. Remove the bay leaves.

Increase the heat and add the mince. Fry it until it has browned, breaking down any chunks of meat with a wooden spoon.

Drain off the fat of the mince, if there is any. Tip in the mushrooms and cook for 3 to 4 minutes. Add the tomato puree, dried oregano, black pepper and salt and mix.

Pour in the tomatoes and cook until the mixture has reduced in volume by about a third. At the end of the cooking time, stir in the thyme and the basil leaves. Remove from the heat.



Meanwhile, cook the spaghetti according to the instructions on the packet. Drain and divide between warmed plates.

Add a ladleful of the bolognese sauce, finishing with a scattering of Cheddar cheese and more black pepper, if desired.



Sweet treats



Blueberry Cupcakes

You can replace the blueberries with other fruit such as raspberries.

110g unsalted butter, softened
65g caster sugar
2 free-range eggs
1 tsp vanilla extract
110g self-raising flour
1/2 tsp baking powder
125g blueberries, or equivalent in frozen blueberries

Heat the oven to 180C/350F/gas 4 and line a 12-hole muffin tin with cupcake or muffin cases.

Cream or whisk the butter and sugar together in a bowl until pale. Beat in the eggs a little at a time and then stir in the vanilla extract.

Using a large spoon, fold in the flour and the baking powder. Stir until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are half full. Stud each cup cake with about eight blueberries.

Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. The cakes should be springy.

Set aside to cool for 10 minutes, then remove from the tin and cool on a wire rack.



Caramel Sponge Delight Serves 8

For the cake:

250g unsalted butter, softened
250g sugar
4 eggs
1 tsp vanilla extract
250g self raising flour

For the filling and topping:

300ml pot double cream
4 tbsp Dulce de leche or caramel sauce
8-10 strawberries, hulled, washed and chopped
25g caramel flavoured chocolate, finely chopped

Heat the oven to 180C/350F/Gas 4.
Line two 18cm/7in cake tins with baking parchment. Cream the butter and the sugar together until pale. Use an electric hand mixer if you have one. Beat in the eggs and the vanilla extract.

Sift over the flour and fold in using a large metal spoon. The mixture should be of a dropping consistency; if it is not, add a little milk.

Divide the mixture between the cake tins and gently spread out with a spatula. Bake for 20 to 25 minutes until an inserted skewer comes out clean. Allow to stand for 5 minutes before turning on to a wire rack to cool.

When you are ready to serve, whip the double cream with 2 tablespoons of the Dulce de leche or caramel sauce until soft peaks form.



Place 1 cake on a serving plate and spread with half the cream, some of the chopped strawberries and then drizzle over the remaining Dulce de leche.

Top with the other cake, then spread the remaining cream on top. Decorate with the strawberries and sprinkle with the chocolate.

Chill until ready to serve.



Carrot Halwa Serves 4

225g carrots, washed, peeled and grated
300ml semi-skimmed milk
25g granulated or caster sugar
1 tsp unsalted butter or 1 tsp rapeseed oil (optional)
5-6 saffron strands
The seeds of 4-5 cardamom pods, coarsely ground
1 tbsp ground almonds (optional)
1 tbsp sultanas
1 tsp pistachio nuts, chopped (optional)

Place the carrots in a large saucepan. Add the milk and cook, partly covered, over a low to medium heat, for about 30 to 45 minutes stirring with a wooden spoon from time to time, until the milk has evaporated.

Stir in the sugar and cook for a few minutes more, adding butter or oil if you feel that the mixture is sticking to the bottom of the pan.

Add the saffron and the cardamom and mix well. Stir in the almonds (if using) and the sultanas and mix. Place in a shallow serving dish, and sprinkle the pistachio nuts over it, if using.

Serve hot or cold.



Chocolate and Strawberry Krispie Cakes Makes 12

50g unsalted butter
100g milk or dark cooking
chocolate, broken into chunks
2 tbsp golden syrup
150g rice krispies or cornflakes
6 strawberries, hulled, washed and
halved lengthways

Put the butter, chocolate and golden
syrup in a saucepan or a microwavable
bowl. Put the rice krispies or cornflakes
in another large bowl.

Melt the butter, chocolate and golden
syrup in the saucepan over a low heat
for around 30 seconds in the microwave.
Allow to cool a little before pouring over
the rice krispies or cornflakes. Gently
stir all the ingredients together using a
wooden spoon. Add the strawberries
and carefully combine.

Spoon the mixture into 12 cupcake cases
arranged on a muffin tray (or baking
sheet, if you don't have one).

Put in the fridge to set. Remove from the
fridge 10 minutes before serving.



Chocolate Surprise Makes 4 cups

4 cupcake cases made of foil or paper
200g chocolate, which contains at least
70 percent cocoa, broken into pieces
4 small scoops vanilla ice cream
4 strawberries, washed, hulled and
chopped
A few edible sprinkles for decoration

Put the chocolate in a microwave safe bowl and microwave for about 45 seconds to a minute until it's runny. It should resemble a creamy chocolate paste.

Drop a tablespoon of the chocolate sauce into each cupcake liner. With the aid of a pastry brush, spread the chocolate evenly along the inside of a liner.

Place the cups on a tray and place in the freezer for about 10 minutes until the chocolate has completely hardened.

Separate the cupcake liners from the chocolate shells and discard.

Fill the chocolate cups with a scoop of ice cream and then top with the chopped strawberries. Add some sprinkles for more decoration.



Pumpkin Pie

500g ready-made dessert pastry or shortcrust pastry
1 large pumpkin or squash, peeled and quartered (cut into cubes)
 $\frac{1}{4}$ tsp ground nutmeg
 $\frac{1}{4}$ tsp ground ginger
 $\frac{1}{4}$ tsp ground cinnamon
3 tbsp runny honey
3 tbsp caster sugar
3 large free-range eggs, beaten
200ml single cream

Preheat the oven to 200C/400F/Gas 6. Roll the pastry to the thickness of a pound coin.

Get a 22cm loose-bottomed tart tin, line with the pastry and bake blind for 20 minutes. Set aside.

Lay the pumpkin or squash pieces in a baking tray. Sprinkle with the nutmeg, ginger and cinnamon and drizzle with the honey. Cover the tray tightly with a double layer of tinfoil and bake for 45 minutes until soft. Reduce the oven to 180C/350F/gas 4.

You should have about 600g of cooked squash flesh. Don't forget to scrape out the bits in the tray and the honey. Put in a food processor and whiz until smooth.



Transfer to a bowl. Add the sugar and the eggs. Mix well and stir in the cream. Fill the cooled tart case with the mix and bake at 180C/350F/gas 4 for 45 minutes.

Remove the tart from the oven. Serve hot or cold with vanilla ice cream.



Strawberry Cheesecake Serves 6 - 8

For the base:

12 digestive biscuits
75g butter, cubed
1 tsp golden syrup
50g dark chocolate chips (optional)

For the topping:

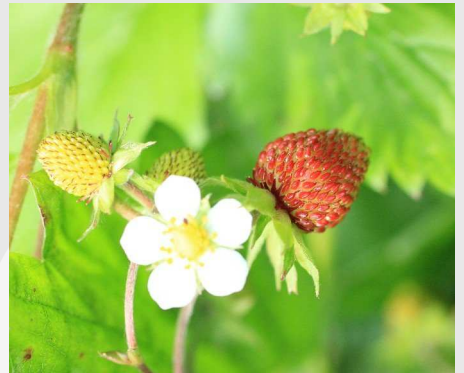
500g low fat soft cheese
2 tsp vanilla extract
1 tbsp icing sugar
150ml double cream
12-14 strawberries, hulled, washed and halved lengthways

To make the base, place the biscuits in a clean plastic bag and crush into fine crumbs with a rolling pin. Melt the butter with the syrup, once melted add the chips, if using, and fold in the crushed biscuits. Press over the bottom of a lightly buttered medium cake tin. Set aside in the fridge while you make the filling.

In a large bowl, whip the cream cheese, vanilla extract and sugar for a few minutes until fluffy.

In another bowl, whip the double cream in a bowl until it forms peaks then fold it into the cheese mixture until evenly blended. Spoon the mixture into the tin and smooth over the top with a knife. Cover and chill in the fridge for 30 minutes.

Decorate the top of the cheesecake with the strawberries just before serving.



Strawberry Shortbread Makes approximately 8 medium sized biscuits

80g unsalted butter
4-6 fresh strawberries
40g caster sugar
1 tsp vanilla extract
120g plain flour

Remove the butter from the fridge so it can reach room temperature.

Remove the stalks of the strawberries and wash. This is known as hulling. Chop them up and set aside.

Preheat the oven to 180C/350F/Gas 4. Have a baking tray covered with greaseproof paper ready.

Cream the butter and the sugar together until it is a light colour, mix in the vanilla extract and then add the flour.

Now squeeze the mixture into a ball with your hands until it all sticks together. Mix in the strawberries gently without crushing them too much or else the dough will become quite wet and sloppy.

Sprinkle a clean surface with flour. Then roll the dough out flat with a rolling pin until it is about half a centimetre thick.

Now use a cutter to cut shapes out of your mixture and place them onto the baking tray. You can re-roll the dough to cut more shortbread biscuits until it is all used up.

Place the tray in the oven for 12 to 15 minutes until golden brown. Remove them from the oven and allow them to cool down.

You can make these biscuits as a lovely gift for someone special or serve one or two each with some more fresh strawberries and a glass of milk for a healthy snack.



Strawberry Sorbet Serves 6

120g strawberries, washed and hulled;
cut any large strawberries in half.
2 tsp runny honey

Arrange the strawberries on a baking sheet lined with parchment paper and place in the freezer for 2 hours, or until the berries are completely hard frozen.

Put the berries in a food processor along with the honey and pulse the machine on and off until the fruit is broken up. Add a couple of tablespoons of water and blend until you achieve an icy, smooth, creamy paste.

You'll have to process it for a good bit. As you do, the fruit will start to melt a little, which helps it come together and gives it a softer, creamier texture.

Transfer the sorbet to a plastic container with a lid and freeze for 2 hours, or until just firm enough to scoop. Serve in frozen ice cream glasses.



Rocky Horror Mess Serves 4

6 chocolate biscuits, such as digestives,
or 2 chocolate biscuit bars
8 strawberries, green tops removed and
washed
4 scoops soft vanilla or strawberry ice
cream

Place the biscuits inside a strong plastic food bag and roll over them with a roll pin. Move the rolling pin back and forth to crush the biscuits until they resemble large crumbs. Set aside.

Chop the strawberries.

Scoop the ice cream into a bowl and gently mix in the strawberries.

Divide the ice cream mixture into 4 tall glasses and sprinkle over the chocolate biscuit crumbs. Serve immediately.



Wheatfree Strawberry Delight Cupcakes Makes 12 cakes

115g caster sugar
115g unsalted butter (softened)
1/2 tsp vanilla extract
115g wheatfree self-raising flour
1 level tsp wheat free baking powder
2 free-range eggs

For the buttercream icing:

200g very soft unsalted butter
200g icing sugar
12 strawberries, washed, hulled and cut
in half, lengthways

Preheat the oven to 180C/350F/gas 4.
Place a paper case in each muffin hole.

Put the sugar and butter (it must be soft
or you won't be able to mix it properly)
in a bowl and cream together. Add the
vanilla and mix. Sift in the flour and the
baking powder and mix.

Break the eggs into a separate bowl and
add them to the cake batter and mix
everything together.

Divide the batter between the cases
using a spoon, scraping it off with a
knife. Slide the tray carefully into the
oven and bake for 20 minutes.



For the buttercream icing: Mix the butter and icing sugar to make a light, creamy icing. Push an icing nozzle into an icing bag, then scoop in the icing. Let the cakes cool completely in the tray.

Pipe the icing onto each cake and then place 1 to 2 pieces of strawberry on each cupcake.

Yum Yum Tasty Smoothie

You can add a tablespoon of oats for a funky breakfast all in a glass!

100ml unsweetened natural yoghurt
1 tsp clear runny honey
Half a large mango
A pinch of cinnamon
3/4 pint soya milk
4 strawberries, washed and hulled (the green bits removed)

Peel the mango and remove the stone.
Cut the mango into chunks.

Place all the ingredients except the strawberries into a food processor and blend until the mixture is smooth.

Divide into 4 glasses and garnish with the strawberries.





Contributors

Star Chef Jamie Lister, age 11

Star Chef Bailey Morrison, age 5

Star Chef Eric S

Star Chef Sky May Cover, age 8

Star Chef Jia Butt, age 8

Star Chef Ayesha Chaudhry, age 8

Star Chef Arneal, age 8

Star Chef Hannah Elsworth, age 9

Star Chef Analise Stewart, age 5

Star Chef Erin

Star Chef Aston Kimyani, age 7

Star Chef Jack Muir, age 10

Star Chef Caitlin Hubbard, age 10

Star Chef Fedasia Dias, age 7

Star Chef Frankie Mayor, age 10

Star Chef Grace Elsworth, age 9

Star Chef Chloe Champion, age 9

Star Chef Samuel Trim, age 10

Star Chef Isha Hussain, age 10

Star Chef Lewis Roberts, age 10

Star Chef Simran Kaur, age 9

Star Chef Jayden Stewart, age 8

Star Chef Hannah McNamara, age 11

Star Chef Ibrahim, age 7

Star Chef Brooke Neilson, age 9

Star Chef Ben Dickson, age 9

Star Chef Hannah Tomalin, age 9

Star Chef Stacie Bradfield, age 10

Star Chef Callum Walling, age 10

Star Chef Chloe Cottrell, age 10

Star Chef Fajar Wassein, age 10

Star Chef Tarun Heer, age 8

Star Chef Ben Greene, age 7

Star Chef Matthew Halloran,
age 7

Star Chef Keara Ryan

Star Chef Sophie Rowley, age 11

Contributing schools

Harmondsworth Primary School

Harlington School

Whitehall Junior School

St Helen's College

Bishop Winnington Ingram
Primary School

Harefield Academy

blurb



GROUNDWORK
CHANGING PLACES

